POPCORN

Spicing up an old favorite



Olive Oil

1 Tablespoon Olive Oil 1 Teaspoon Salt

Garlic Parmesan

1 Tablespoon Olive Oil 1 Tablespoon Parmesan 1 Teaspoon Garlic Powder

Southwest

1 Tablespoon Olive Oil
1 Teaspoon Chili Powder
1 Teaspoon Garlic Powder
1 Teaspoon Cumin
1 Teaspoon Cayenne Pepper
1 Teaspoon Salt

Cinnamon & Brown Sugar

1 Tablespoon Vegetable Oil1 Tablespoon Brown Sugar1 Teaspoon Cinnamon

Maple

1 Tablespoon Vegetable Oil 1 Maple Syrup



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

f you have a disability and are having trouble accessing information in this newsletter or need materials in an alternate format, contact bmr37@cornell.edu for assistance